THE BIBLE SPEAKS

International Uniform Sunday School Lessons

BY DR. KENNETH J. FOREMAN

Background Scripture: Nehemiah 1—2; 4; 8:10-18; 13
Devotional Reading: Psalm 99:1-5.

Patriot in Action

Lesson for September 29, 1957

Dr. Foreman

THERE is no closed season for patriotism. You might think there was, for there is a rash of patriotic speeches and editorials along about the fourth of July, and on Washington's Birthday and similar occasions. This time of year people seem to be thinking more about the hunting season, and school openings, than about our wonderful country. Now, let us admit that patriotic speeches the year around would be a dreadful bore. Fireworks and oratory every night are not called for. Nevertheless it is true: there is no closed season for patriotism. There is a daily need for patriots.

Counterfeit Patriotism

Patriotism is not noise, not speeches. The patriot is not the man who brags about his country the most. Travelers abroad from America know the nuisance type of tourist who is forever complaining, wherever he is, about nearly everything, loudly telling the world that "We have it better in the States." Such a man is not doing America any good. Hanging out the flag on important days is a good practice, but a man's patriotism is not to be measured by the regularity of his flag-displays. Furthermore, a true patriot is not one who thinks of his own stock as the true Americans, and all others as not quite it. A man like this will think of descendants of earlier immigrants as antiquated, out of touch with life; and the descendants of those immigrants who came later he thinks are "really" Europeans or something, never quite Americans.

Initiative

Many patriots' portraits are to be found in the Bible; Nehemiah is one of these. He was a governor of Jerusalem, under the Persian Empire, more than a hundred years after Jerusalem's freedom had been lost. Jerusalem had had a string of governors before; but not one of them, or all of them together, accomplished for that city and its people what Nehemiah did in his term of office. He was a true patriot, one whose services really benefit his country, one who renders services without asking payment in return; or if he is a man on salary, as Nehemiah seems to have been, he goes beyond what he is paid to do. Nehemiah never had to be pushed or prodded. He was out in front, seeing what had to be done and starting to do it, while other men slept.

Leadership

There have been patriots without much power or gift of leadership; but surely a better type of patriot is a man or woman who can stir other people to serve their country too. This Nehemiah is famous for building a wall; but he may never have laid a brick, personally. He did something far more miraculous than that; for the first time in 140 years, he got the people of Jerusalem hard at work at what they should have been doing long before: getting a wall built around their little city. The people "had a mind to work," but it was their governor who inspired this ambition in them. The great patriots of every nation's history,—David, Scipio, Henry V, George Washington, Syngman Rhee, and all the rest, have been men from whom as from a dynamo electric current flowed to vast numbers of their countrymen. Under their leadership, weak men were brave, discouraged men full of hope.

Religion

Religion, in any nation, is not like an auxiliary water tank, for the use of the fire department,—something that can be tapped in an emergency and then turned off again when the trouble is over. Religion if it is worth anything is more important than patriotism, just as God is more important than any country. Nevertheless, though God refuses to be used as a political ally, as Hitler and others have tried to use him, other things being equal the man with the most vital religion makes the best patriot. For religion is first and last a reliance upon God, as supreme Helper and as final Judge. Nehemiah's religion comes out in many ways, but it is plain that he was no once-a-week believer. His faith in God was woven into all his actions. He never spent long hours in prayer; but there was no corner of his life shut off from it.

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Route Three

Route Three, Sept. 23.- Mr. and Mrs. Beryl Covington, of Savannah, Georgia, spent last week-end here with their parents.

Miss Gale Robertson, of Concord, spent last week-end with Miss Dale Carter.

Mr. and Mrs. Lawrence Harris, Mrs. J. D. Harris and Mr. and Mrs. Edward O'Brien and children were recent visitors in the home of Mrs. Eddie Carter.

Mr. and Mrs. Leonard McFadden and Randy attended the fair in Farmville on Saturday.

Sunday visitors in the home of Mrs. Eddie Carter were Mr. and Mrs. Johnny Carter, Mr. Herbert Carter and Willie Bryant.

Mr. and Mrs. Willie Bryant and Mrs. Gladys Ferguson spent Sunday afternoon in the home of Mr. and Mrs. Harry D. Carter.

Mr. and Mrs. Hal Baber, and Mrs. Ray Baber, of Warwick, Va., are spending their vacation in Appomattox. While here they are visiting their relatives, Mrs. Sam Ragland, and Mrs Jim Baber, of Lynchburg; Mr. and Mrs. John Martin, Spout Spring; Mr. and Mrs. A. W. Wootton, Mrs. Eddie Carter, and Mrs. J. D. Harris, of Appomattox.

Mrs. Ella Hatcher spent last Saturday in the home of her mother, Mrs. Alex Gobble.

Vera

Vera.- "The spirit and the bride says come, let him that heareth say come, let him that is athirst say come, and whosoever will, let him take the water of life freely.
—Rev. 22-17.

September is almost gone. We surely have had a lot of rain. Late gardens are good. If we do not have frost, we will have plenty of late vegetables.

We are sorry to hear of the illness of Mr. C. E. Lewis, and we do hope that he may soon be well.

Week-end visitors in the home of Mr. and Mrs. T. C. Harvey were Mrs. Willie Moses, Mrs. T. C. Harvey, Jr., and children, Mr. and Mrs. Richard Carson, Mrs. Lester B. Harvey and Miss Marguerite Gilliam and Mr. Lewis Turnes.

We were sorry to hear of the illness of Mr. Allen Bryant and hope for him a speedy recovery.

Mrs. Henry Doss visited in the home of Mr. and Mrs. T. C. Harvey on Monday night.

NEW BOOK IN THE COUNTY LIBRARY

Men To Match My Mountains, by Irving Stone.

Taking as his motif the poet Sam Foss's words, "Bring me men to match my mountains," Irving Stone has created an interwoven pageant of stories of the great westward drive which, in a few rousing decades, settled a continent and gave the United States dimensions of which its founders hardly dreamed. Exploration, sudden wealth, unspeakable hardship, the golden chance to build a new life in a new land—all these are present in this saga of human aspiration.

Richwood

Richwood, Sept. 24.- Miss Ella Mae Stoneburner, a missionary, who has spent eight years in India is spending some time at her home home near here.

Mrs. R. E. Hicks has returned home after visiting her son in Washington.

Mrs. H. C. Martin, Jane, Douglas and Larry recently visited her mother, Mrs. C. D. Roark, in Halifax County.

Mr. and Mrs. W. W. Fleshman are the proud parents of a baby girl.

Mrs. Sam Cordell visited Mrs. H. C. Martin awhile Sunday.

Mrs. Vera Pugh and children visited her daughter, Mrs. Jimmy Fleshman Sunday.

Mrs. H. C. Martin and daughter, Jane visited Mrs. Rena Austin Saturday.

Mrs. E. P. Snow and Helen and Rachel are spending this winter in Roanoke, where Helen and Rachel are attending school.

BUCKINGHAM BOY WINS BROILER CONTEST

Charles Edwards, 4-H member, of Dillwyn in Buckingham County, is the winner in the state junior broiler growers contest.

Other winners, in the order named, were Henry Tinder, Orange, David Platter, FFA Salem; Gerald Pettry, 4-H, Botetourt; Owen Hawkins, 4-H, Rockingham; Bobby Vasko, Henrico; and David Moorman Bedford, and Peggy Connatser Buckingham.

B. H. Burtner, 4-H poultry specialist at VPI, says there were 153 entries in the four area contests—Shenandoah Valley, Roanoke, Richmond, and Madison-Orange-Greene. A total of 15,300 birds were raised, with 1,530 officially dressed, 10 out of each entry of 100. The birds were on feed for 59 days, averaged 3.45 pounds and dressed out at 2.62 pounds, or 76%. This is an all-time record in Virginia.

Burtner explained that the purpose of the contest was to give the junior broiler growers an opportunity to learn proper management and feeding, select good strains of meat birds, and keep records.

Edwards had a final score of 97. In 8 weeks and 4 days he produced 4-pound broilers which dressed a little better than 3 pounds for a dressing percentage of 77.53.

ALL WRONG

Sacramento, Calif.- Arrested on a charge of being drunk, Juan Alicia, a Puerto Rican, who speaks little English, denied the charge, but couldn't get his point across. Finally an interpreter was called and Alicia explained that he was not drunk, but had been slugged on the head by a robber, who stole $50 from him, took his car and dumped him on a street. Officers found him. He was

Time To

Any time is a good time to remember those men who were born in what they are equal to. Columbia Record.

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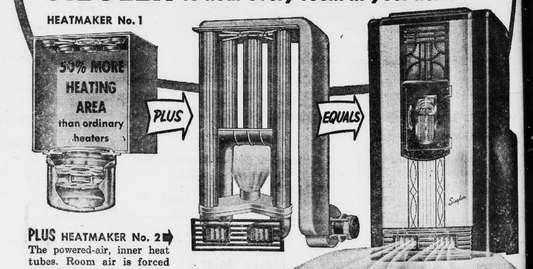

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...careful coordination ...coiffing, millinery ...will be the test of a ...woman.

...ked hair length will ...four to five-and-a -half- ...the crown area, from ...inches at the nape. ...style, said to be ...most women, will be ...forward and is face-

...whose hair will fan- ...the back, there will be ...of the Psyche- ...Silhuette.

...and Beauty

...ell us that the first step ...should be to determine ...really exist. This is not

...ight charts are not al- ...t. In fact,unless combin- ...other tests, it may prove ...ading.

...d look in the mirror dis- ...presence of bulges where ...d exist, you are probab- ...too much weight. How- ...everyone carries excess ...the same places.

...rence is especially strik- ...ches sexes. Women norm- ...ots their fat most heav- ...d the hips, thights and ...of the abdomen. ...ak their useless fat first ...men.

...degrees of overweight ...corrected as early as ...ou note how important ...n you know that as little ...unds causes an increase ...y of eight per cent. ...s always curable, but it ...ndulated most successfully ...pounds are few and the ...s but several weeks old. ...the fatty tissue of your ...ables or detrimental. Cer- ...ts of it are quite useful and necessary. The fat that calls for reducing is that which is obviously superflous.

It is well to know that not all forms of overweight are due to fat. Some people are large because of their big frames and tremendous muscles. Others have an accumulation of salt and water, as often seen in heart and kidney disease. Uncomplicated pregnancy always causes weight gain. Tumors or growths can become large and heavy enough to increase the patient's poundage.

In a man, a waist circumference greater than that of the chest is a sign of obesity. However, this is not always the the case. Weak abdominal muscles can give rise to enlarged and protruding abdomen. Distension due to gas may give the same appearance.

The only sure way to determine overweight is to have a complete physical examination by a physician. At this time he will give you a diet chart and tell you how rapidly it is safe for you to lose weight.

About The Home

By Frances Dell

We have been told that it is possible to save much of the nutritional value in foods by freezing them than by any other way. You must keep in mind that each food has a definite freezer life. Certain foods will deteriorate if stored for too long a time.

In the dessert line it is best to freeze pies before they are baked. Do not cut vent holes in the top of a pie to be frozen until you are ready to bake it.

Custard pies and meringue topped pies do not freeze well.

Cakes freeze well when packaged with care. It is best to ice a cake just before you serve it, however.

Fresh fruits and vegetables are the most often frozen item by American housewives. Home frozen butter beans, corn, tomatoes, strawberries and peaches are frozen on a large scale by city as well as by farm women. We have learned to take advantage of the low summer prices on these foodstuffs and, by buying in bulk, can realize a real savings.

Not only does the savings appeal to us but the food itself is actually more tasteful when frozen properly than commercially frozen foods.

Butter beans or green lima beans should be picked very young and be blanched by placing the beans in boiling water for about one minute, even less for extremely young and tender beans. Next they should be chilled for two minutes in ice water. Then placed in airtight containers and frozen. This can be used as a rule of thumb for most vegetables.

A great many housewives are putting up fruits such as peaches and strawberries with no blanching. Personally, this method is more satisfactory for my family use.

The strawberries are cleaned, and hulled, left whole and rolled in sugar. They are then placed in airtight containers and quick-frozen.

Peaches and other fruits that tend to discolor must have commercial ascorbic acid mived with the sugar. They must be completely covered with the sugar and ascorbic acid—placed in airtight containers and quick frozen.

WATER IMPORTANT AID IN POULTRY PRODUCTION

(Note: This is one of a series of articles on water systems and water use equipment.)

A good supply of water is one of the most essential factors in poultry production, and nothing will reduce labor needs as much as automatic fountains made possible by running water under pressure.

So say poultry specialists at V. P. I., who point out that birds can live for a longer time without feed than without water. Water accounts for about 60% of the fowl's body, 66% of the egg, and ranks far above any other substance in the rate of turnover in the body.

Tests conducted at the University of California on heat and moisture production for individual caged white leghorn pullets showed that when air temperature was 92 to 94°, the hens used about 50% more water than when it was 68°. There have also been reports that broilers will eat almost twice as much when the temperature is around 90° as they will during cooler weather when the temperature is around 70°. Feed intake also is apparently lower when there is not enough water.

The poultry specialists recommend that the source of water supply not be more than 10 feet in any one direction from the birds; and that at least one 2-foot automatic watering trough be provided for each 100 broilers 6 weeks old or older; and that at least two 5-gallon watering vessels or one 4-foot automatic trough-type fountain be provided for each 100 adult chickens.

Be sure that the water is kept clean. Disease can be spread rapidly in flocks through drinking water and in wet places caused by the drip in the litter around drinking fountains. Place fresh clean water in hand-filled fountains daily (twice a day is better), and clean both hand-filled and automatic waterers often. Place them so the hens cannot scratch litter into them.

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Lexington, Ky.- In enforcing the local dog quarantine, Trial Commissioner Nelson Hoskins accepts no excuses about broken chains, or children turning dogs loose. The owners are fined. However, to his chagrin, the other afternoon he went home and found his boxer—always kept chained in the backyard—waiting to meet him at the front door. The next day, Hoskins stated the facts in the case in court to one and all and then fined himself $10 and costs.

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